

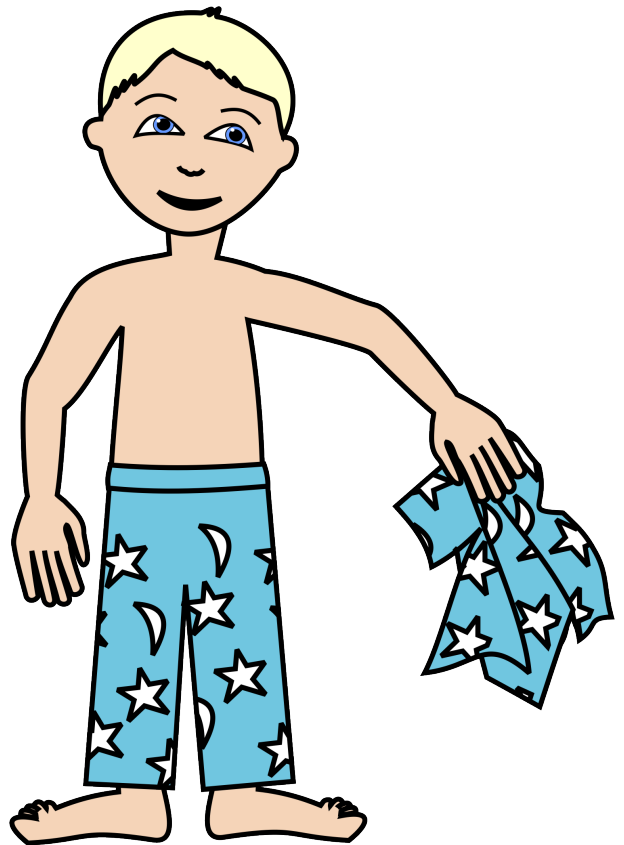
How to Take a Shower by Myself Social Story



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I need to make sure the shower has my shampoo, body wash, face wash, and a towel to dry off with. The first thing I need to do is take off my clothes.



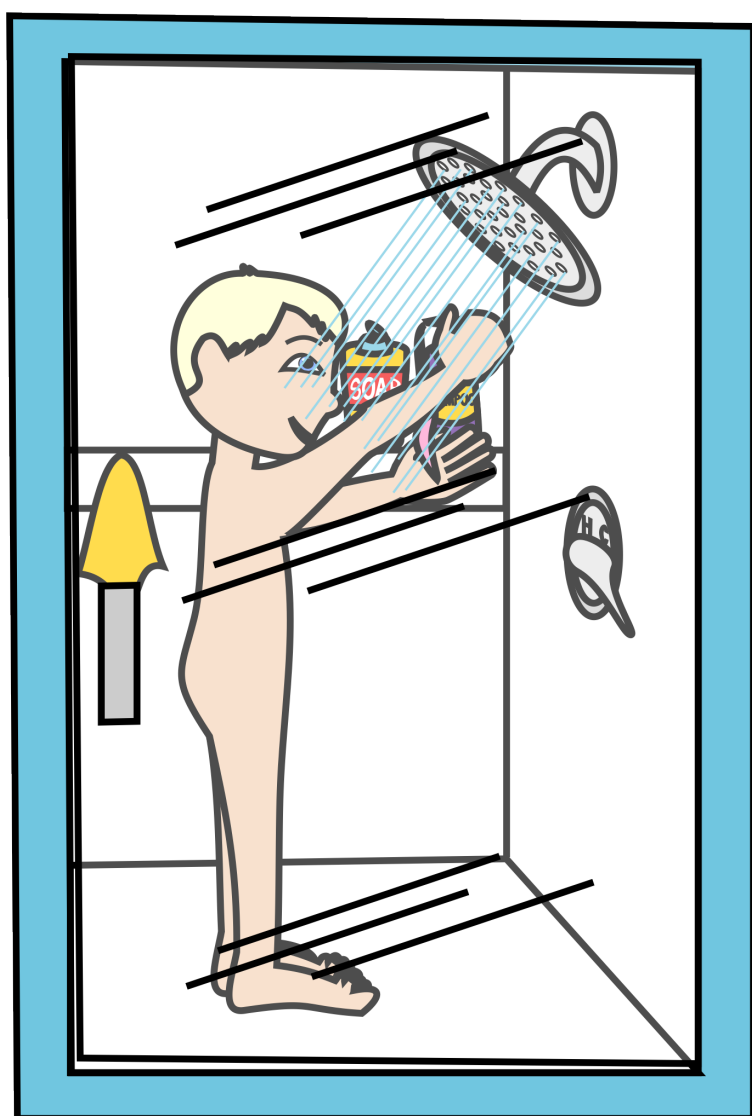
Next I turn on the water to
a comfortable temperature.
I need to turn the cold and
hot water on to make the
water warm for me to
shower.



When the water is warm, I
step into the shower safely.
Making sure to watch my step
so I don't slip.



I want to get my hair wet under the water and get the shampoo out of the bottle and place in my hands. This gets me ready to put the shampoo into my hair.

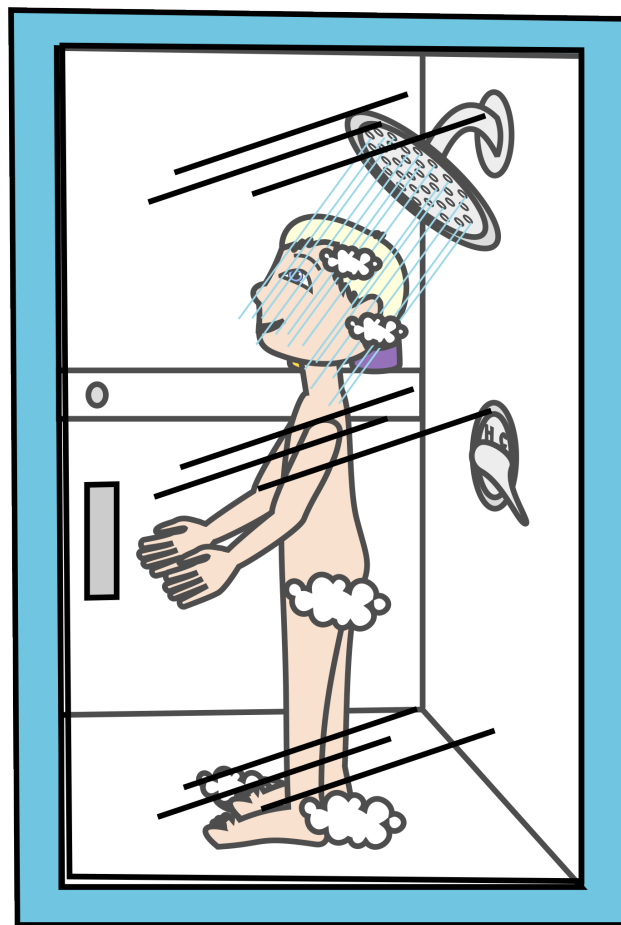


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I want to rub the shampoo into my hair and make the shampoo lather in my hair. Don't forget to rub the top, bottom, and back of the head.



I want to rinse out the shampoo in my hair. If I get scared with getting water on my face I can keep a dry wash cloth near by or on my face to help keep my face dry. Make sure to get all of the soap out of the hair.



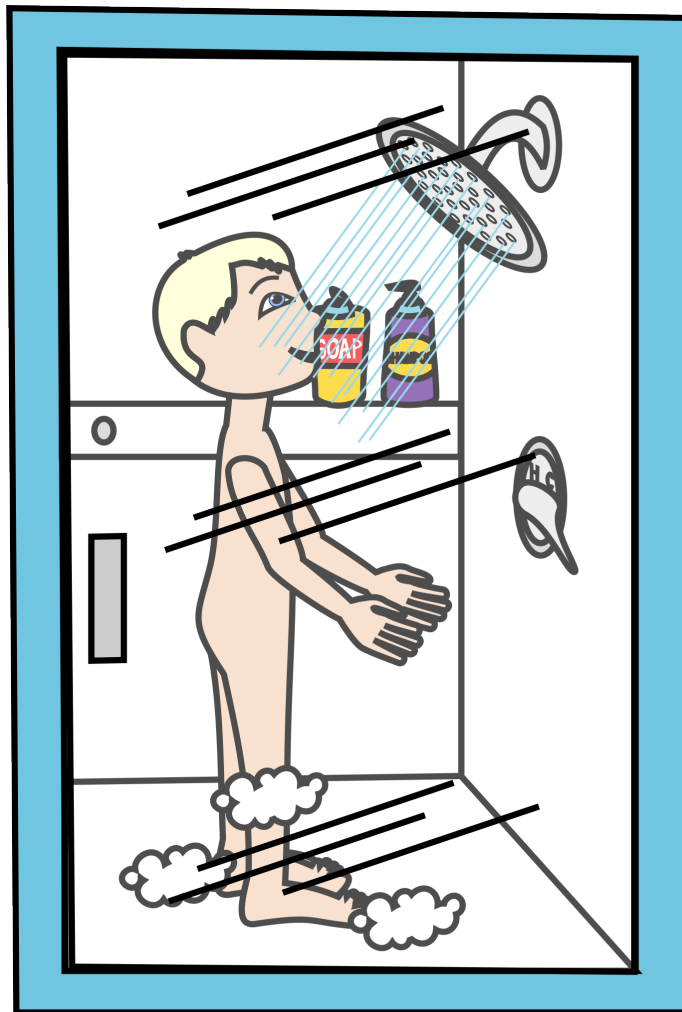
I can get a wash cloth and put my face soap on the cloth to help me wash my face. Make sure to wash the soap off my face.



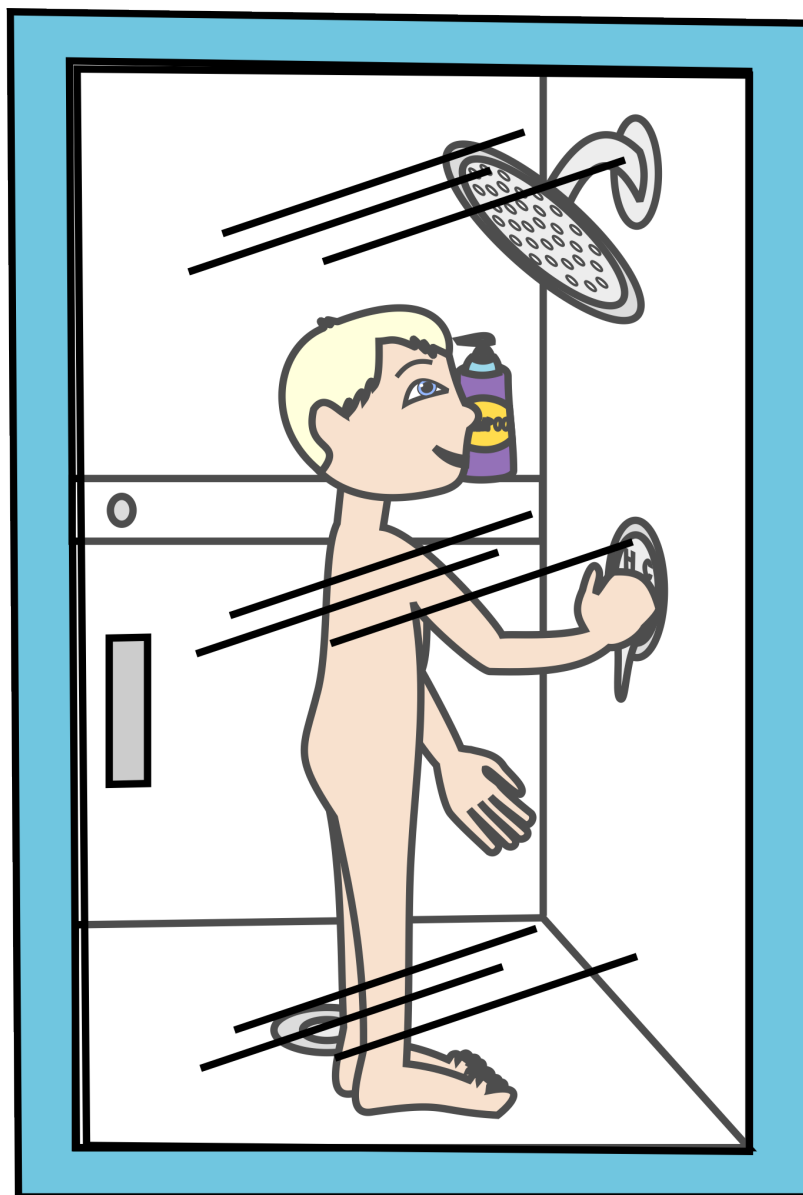
I want to make sure to rub soap all over my body. Don't forget to rub soap on my arms, underarms, legs, stomach, back, legs, feet and private areas. If I have trouble standing, I can sit in the shower to help me reach all of my body to wash.



I need to wash off all of the soap
all over my body. I need to rinse
off the soap on my stomach,
back, arms, under arms, legs,
feet, and private areas. Look
around to make sure it is all off
my body.



When all of the soap is off my body and I am done with my shower, I need to make sure to turn off the water by turning the shower facet off.

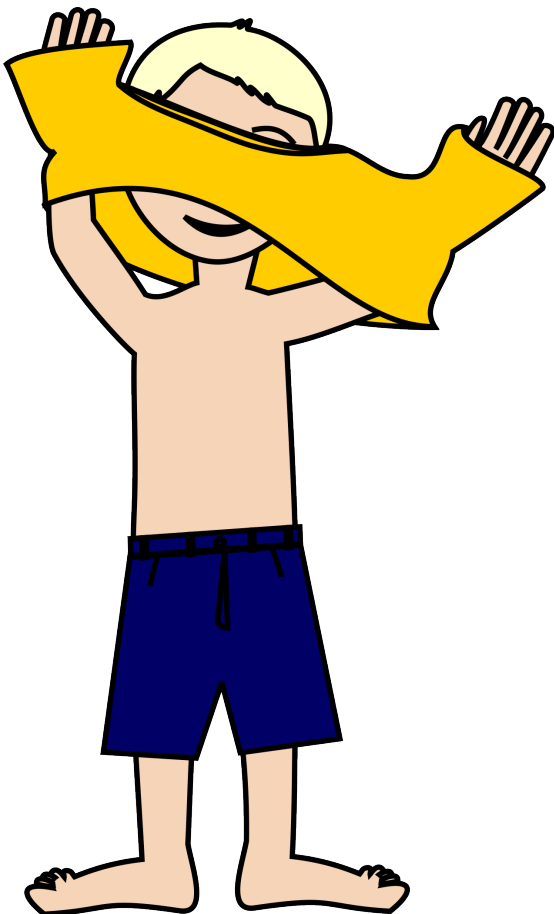


I can grab my towel and start to dry off my body. Start by drying off my back, stomach, head, face, arms, underarms, legs, feet, and private areas. Check my body to make sure it is dry. I can either dry off in the shower or step out of the shower to dry off.



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Once my body is all dry, I need to get my clean clothes and get dressed for the day. I need to put my underwear, shirt, pants, socks, and shoes on to be ready for the day.



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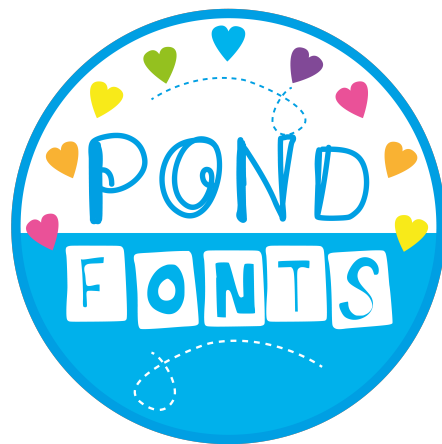
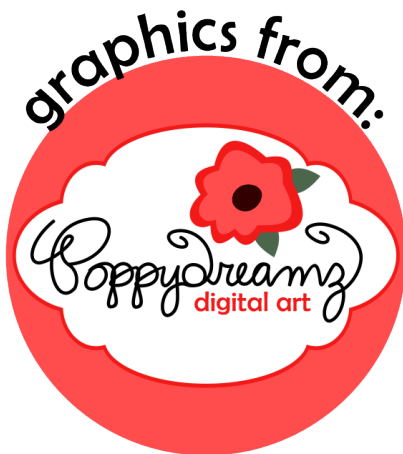
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